

Please tell us before you sauna if any of these areas are indicated for you:-

- Multiple Sclerosis
- Lupus
- Adrenal Suppression
- Haemophilia
- Haemorrhagic tendency
- Medicines
- Cardiovascular conditions
- Insensitivity to heat
- Joint injury
- Implants
- Pace maker/Defibrillator
- Chronic conditions
- Pregnancy